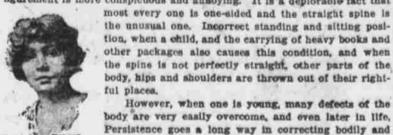
Corrective Exercises.

GIRL reader has written and asked me what she can do to correct a very noticeable defect in her body. One shoulder blade protrudes considerably more than the other, and because she is thin this disfigurement is more conspicuous and annoying. It is a deplorable fact that most every one is one-sided and the straight spine is



the spine is not perfectly straight, other parts of the body, hips and shoulders are thrown out of their rightful places. However, when one is young, many defects of the body are very easily overcome, and even later in life, Persistence goes a long way in correcting bodily and

facial blemishes. Shoulder braces are, to my way of thinking, no good whatever in correcting and overcoming stoop shoulders and protruding shoulder blades and even if they did bring some temporary improvement, the effect would only be temporary, because the muscles must be exercised and made stronger if the body is to be held in proper position during life.

Regular readers must know my favorite exercise for correcting the physical defects mentioned above, because I have so many times recommended it. It is the chest raising movement, which is a marvellous exercise, if persisted in for several months. Exercising, like everything else worth while in life, must be practised with unfalling and untiring determination if best results are to be attained, otherwise occasional indifferent efforts will be of no avail.

Chest raising is practised as follows: Stand arms length from a wall or door, palms of hands reeting on the wall. Lower the chest until it touches the wall between the hands. Keep the knees rigid and the toes in original starting position, but the heels will naturally come up from th. floor. Lower and raise the chest twenty-five times at intervals during the day. The shoulder blades should meet in the back each time the chest touches the wall.

This exercise develops the bust, upper arms and fills in unsightly

WHAT IS ACNE?-MABEL J .: not fattening. Figgs and bouillon Acne is a skin disease which may cubes are not fattening. arise from internal or external conditions. It appears in so many different forms, according to age, gen-eral health condition, etc., that it is Acno should be treated by a physi-

WATER DRINKING-RENA D.: Water should be freely sipped at intervals during the meal. correct it. Water is fattening when taken with when taken between meals. Apples intervals during the day will cooked and raw are healthful and strengthen weak ankles and arches

HAIR TONIC-MES, L. L: The tonic which you say is lightening not possible to outline it in full here. so much alcohol, is making the hair tonic may be too drying.

VERY LARGE CALVES-MRS. K. drunk between meals and not with H.: This is an abnormal condition them, except, perhaps a glass, slowly of the muscles and no exercise will

You can save sugar in cooking rhuberb and any of the tart fruits if you cover the fruit with beiling water for five minutes and then pour it off. For tart plums repeat this three times.

Put cauliflower into the saucepan head downward and put a meat skewer through each side. You can then lift it out when cooked without breaking it apart,

have them perfectly dry, otherwise they will not mix evenly with the dressing and the flavor is also im-

If the kitchen range has been neglected and the metal parts become brown rub them with a dampened cloth dipped in vinegar. The discolorations will quickly vanish and the metal can then be successfully pol-

solution of one part lodide of potassium to four parts of water. Thorwith soap.

fruit and should be generously used that she could not sit up for dances, in the summer diet. They will keep as she was still a schoolgirt. The nicely for several weeks if put in girl made no protest.

a good white soap. Soak the veil crope frock, which hung very close, in this for twenty minutes and Her hair was bound round her head the vell smoothly on a towel and press between the layers until dry.

Press with a moderately warm look.

With the first strains of music they

driven out of closets and drawers if passed them.
Isabelle saw Mr. Cartel idly giance

make the hair appear lighter. The

meals, but when the reducing diet is WEAK ANKLES-MRS. FRED V. being followed water will very often Heel and toe raising, practised pereatisfy the appetite for many hours sistently, about twenty-five times at

The Housewife's Scrapbook

DEANUTS can be used in place cent bird cage spring. Fasten it e of almonds. They are less ex- it comes above the ironing board and pensive and quite as appetiz- loop the cord through the hook. The ing if browned in clive oil in a slow spring gives when you fron and this method also saves the cord.

When using vegetables for salad

Raspherry and strawberry stains can be removed with cold water if treated while fresh. Most fruit stains will disappear if wet with a oughly rubbing in cold water starch and exposing to the sun several days will take out obstingte fruit stains. It may be necessary to repeat, but in that case they should first be rubbed

a jar of cold water.

Chiffon vells can be successfully washed. Add a pinch of borax to on the plazza with Wally before she lukewarm water and make suds with went to bed. She wore an odd, white squeeze gently with the hands until but do not wring or twist it. Lay has a beau."

Press with a moderately warm iron.

It is said that red ants can be "Go to bed," ordered Max as she

a small bag of sulphur is kept in these places.

In the summer camp or bungalow where there are no bathing facilities was Mr. Cartel kily glance in, then at sight of her he came to the door and watched them.

"Some dance, Miss Bryce. Much obliged. Sorry you have to leave un." said Wally as the dance was it is well to keep bits of orange and over. Cartel stroffed off down the hall, lemon peel in the pitcher of water and a few seconds later she followed on the washstand. It will make the him. She saw him saunter into one of the many little rooms used for

of the many little rooms used for cards, or tes. She noticed it was not lighted and, on the impulse of the moment, she stepped in after If you use an electric iron the hi If you use an electric iron the annoying feature of a dangling cord that is always in the way can be overcome by the purchase of a ten laughingly:

"Hops don't interest me," she said,

After dinner she took a few turns

"Let's sneak in and have the first

indifferently.

A Story of the "Penrod" of Girls'

Books, a Delightful Little Heroine,

and How She Finds Her Sweetheart

You little devil, you came after

he asked, giving her a very

uspicion of a taunt in her tone.

"Are you enjoying yourself here?"

"Not especially."
"What do you enjoy, Miss Bryce?"

"Excitement."
"Couldn't we find you some?"
"You might," with the slightest accent on the pronoun.
"Let's try." he countered.
About this time a group of enthusiasts decided to get up an entertainment. With fear and trembling they asked the great actor to ake not

ment. With fear and trembling they asked the great actor to take part.
"How would you like to act a play with me, Cricket?" he asked her, in

"It would amuse me," she repiled.

He laughed.
"This to the great Cardel" mid he,
modestly. "Do you know that the
finest actresses in America esteem it

"There are women in this hotel

the tone of a god condescending

I'm sure I couldn't forget."

A Brassie Shot From Lou







Original Dress Designs For the Smart Woman

By Mildred Lodewick

An Easily Developed Summer Evening Frock

the atmosphere of refreshing charm. The live girl will never, therefore, allow herself to be influenced by the elegance of a formerly beautiful frock which is mussy and half solled. In the bright glare of artificial lights everything shows up the plainest possible, and not only one's frock but one's grooming should be flawless. A good way for a girl to arrange for an evening occasion is to pleture herself beside the prettiest, most stylish girl she knows, and that girl wearing a pretty, brand new frock. She will then safely strive her sincerest in every way to make the best impression possible. This is as it should be always, and after a time it becomes a babit

The summer time does not require elaborate and elegant clothes, but on the contrary the simple dainty ones are most appropriate and effective. Taffeta is a fabric that accomplishes results easily and has an especially appealing character for summer evening frocks. The design I am

showing introduces with it soft a delightful trimming. A strand of of the bodice. The roses repeat the plish such a simple decoration, contrasting color, and in winding their way about the figure till they finish low on the left side-back, form

in act three, of course.

The third act opens with a very

tense atmosphere. Horton (Cartel), the husband—unaware that his wife is



THE ROSES AT THE BELT GIVE A

creamy lace to sway about the ankles, velvet ribbon of a color either matchas the taffeta is formed in tunic fash- ing the frock or the roses, but in a ion. It is straight hanging, but has richer tone, drops from under the last an uneven lower edge. The bodice is rose to tie in a bow far down on the surplice style with tiny sleeves that skirt, and then be caught up under are cuffed in a contrasting color taf- the best at the side-front. The offert feta and is plain except for a garland is graciously naive, and any one of roses which starts at the right side copying the frock may ea-" acco



1 have four yards of nice linen in a peculiar lavender shade which I am destrous of making up in a smart individual manner. Would appreciate one of your designs. Am a size 36, and like plain well fitting and well

Either smoked pearl or linen covered but-

your aid, this time in regard to a frock for my fourteen-year-old daughter. I have 1% crepe de Chine and 3 yards of the same color Georgette. I would like a simple style. She is rather thin and tall for uer age, MRS. W. H. Chine for lower skirt and belt, Georgette for

the rest, with collar

portioned.

Organdy is not atmospheres. Georgette is good, and would combine effectively with all-

SCIENCE NEWS NOTES. Olives are the longest lived fruit trees, some in Syria having borns abundant crops for more than four

An acroplane that actually lifts it

"I need my eyes for seeing my way about," she drawled.

Well as she managed him she was at ten, for promised job.

greatly excited at the prospect of acting with him. She had a dreadful row with Max and Wally on the subject, but she won out, and the anterest process of the promoted process of the prospect of acting with him. She had a dreadful row with Max and Wally on the subject, but she won out, and the anterest process of the prospect of acting with him. She had a dreadful row with Max and Wally on the subject, but she won out, and the anterest process of the prospect of acting with him. She had a dreadful row with Max and Wally on the subject, but she won out, and the anterest process of the prospect of acting with him. She had a dreadful row with Max and Wally on the subject, but she won out, and the anterest process of the prospect of acting with him. She had a dreadful row with Max and Wally on the subject to the hotel baggage bus, and she relicance and the here for this case autumn and nearly all of their friends returned early, too.

She sneaked two dress-suit cases control of the relicance and the prospect of the prospect of acting with him. She had a dreadful row with Max and Wally on the subject to the prospect of acting with him. She she was bored to indicating a chair and affering her and officiating a chair and officiating a chair and affering her and

THEN Isabelle came to a blie sweetly, "and who you think I a very considerable impression. There was a sort of fire about her. Her place wide enough to turn she retraced her steps. She went back to the inn determined to discover who Mr. Cartel's special companion was. The groom furnished it, for a price:

That will save us both any embaration.

The sweetly, and who you have a sort of fire about her. Her lines were read, not recited; and Shaw is the acid test for the amacur. The performance received an ovation.

"You were quite interesting." Cartel, holding her off, and trying to pees at her.

"There must be some mistake," you were quite interesting." Cartel, holding her off, and trying to pees at her.

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"You were quite interesting." Cartel's with half-closed eyes.

"Do I get my job?" she inquired.

Later, he spoke to her parents about her.

hims Now, whether Mr. Cartel peoped or not, the next day he re-called a previous meeting with Wally, and asked to be presented to his

daughter.
"Haven't we met before, Miss ecial look, "No," she replied, with the faintest

"Where?" inquired Max, irritated to brevity.

"I don't know. She gets into trouble wherever she goes. We might open The Beechea."

"Well, we won't."

In the mean time Isabelle asked Cartel delly about a job in his company.

"Nothing doing without your family for a career, and you've got to be pre." I was under the impression that

parents' consent."
"If I make them consent, do I get "Possibly; but they won't," he

She wired Cartel:

pression. "Yes," she replied, "but it's chronic

SABELLE went directly to their bed of the caretaker, who was five, sir."

"Well, get up," ordered Jenkins, tessand—on the casual invitation of an illy. "You enter R., upper door. Come acquaintance to come along to a front and answer Horton, who stands at the stage door of the New York.

Theatre, and sent in a card to Mr. They all looked at her now. She test their impattence, their superoils. They all looked at her now. She hostess. After the modern manner test their impattence, their superoils breaks no furniture, makes no for arrived. She was not permitted to go in, and to her great indignation she had to march up and down his up I."

Be did not know what Jenkins was their home, the following day at their home. "But I don't understand," he her talent.

"I do beg your pardon, I "For goodness' sake, don't tell her," not arrived. She was not permitted

pletely. "We've got to take her away, that's forward with a confident smile, as he all," said Wally, a day or two later.

"Where?" inquired Max, irritated to brevity.

"Where inquired Max irritated to brevity.

"Stepped from his motor. No gleam of delight at the sight of her overspread his features, however. He saw ner;

"But, my dear girl, I urged you not to break with your family, you know."
"It's too late to talk about that.
Here I am. Now, what are you going to do about it?"
"Well, come in," he said, curtiy:

The end of August came, and with it the great man's departure for rehearsais in town. Isabelle was desolated. Her god, her idol, was leaving her behind, and only because of ress. Cartel's arrival caused a ripthose eternal drawbacks—her parents. She said her farewell to him demurely, and echoed his hope that they would meet soon in town.

"You've made my summer for me, little witch," he said, curtly; and they went into the theatre. It was a hot day, and rehearsai was in prognents. All the actors sat up, as if electrically the said in the stage mananger advanced them they would meet soon in town.

"You've made my summer for me, little witch," he said, curtly; and they went into the theatre. no move to introduce them. In fact he seemed to have forgotten about her. He issued brief orders, asked a "You've made my summer for me, no move to introduce them. In fact, the second to have forgotten about the left. There passed three days her. He issued brief orders, asked a of utter misery and boredom. Wally few questions, turned to go. Then, went to New York on business and refused to take her along; Max was cross; the devil of revolt entered is made in the made

acting with him. She had a dressule row with Max and Wally on the subject, but she won out, and the announcement was made that the great man would put on a Shaw playlet, assisted by the "little Bryce gir!."

There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed the which Mr. There followed the which Mr. There followed days of rehearsal and preparation, during which Mr. There followed the which Mr. There followed the which Mr. There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed this message at tea and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There followed days of rehearsal and preparation, during which Mr. There was the same discovered this summer. Sh

is anything wrong, dear Max?" ferently, reading their parts, moving machine. Jenkins ruled like the boss usion.

Yes," abe replied, "but it's chronic out:

"Your cue, Miss Bryce."

She fumbled her script, blushed furlously, found the place, and read atupidly, beginning with the cue.

The play was a domestic drama, with the popular bid-fashioned man, with the popular now-fashioned atupidly, beginning with the cue.

The play was a domestic drama, with the popular bid-fashioned man, with the popular now-fashioned woman who wants to "live her life."

The play was a domestic drama, with the popular how-fashioned woman who wants to "live her life."

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The play was a domestic drama, with the popular how-fashioned atupidly beginning with the cue.

Saturday night was the weekly hop, the most restive occasion of the week. Max had given isabelle orders that she could not sit up for dances, as the was still a schoolgiri. The girl made no protest.

"Hops don't interest me," she said,

"For goodness' sake, don't tell her," not arrived. She was not permitted leper in the theather, a manager in the could not sit up for dances, aside, he was not permitted. She was not permitted leper in the theather an amateur. demands an explanation from her. To go in, and to her great indignation in the theather and the following day, at five ascason?" he inquired, as she was still a schoolgiri. The loss that was made over the girl was enough to turn her head company.

"For goodness' sake, don't tell her," not arrived. She was not permitted leper in the theather an amateur. demands an explanation from her. To go in, and to her great indignation in the theather an amateur. She promises him an interview at talking about with his down R's, and their home, the following day, at five ascason?" he inquired, "I should say not!" replied Mrs. It hought"—

"You wouldn't let me take her for tion she had to march up and down his up L's. He entered as Mary and their home, the following day, at five ascason?" he inquired, "I should say not!" replied Mrs. It hought"—

"You wouldn't let me take her for tion she had to march up and down his up L's. He entered as Mary and their home, the following day, at five ascason?" he inquired.

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"You wouldn't let me take her for tion she had to march up and down his up L's. He entered as Mary and their home, the following day. The alley for an hour until the great showed her the business. She caught the alley for an hour until the great showed her the business. She caught the alley for an hour until the great showed her the business. She caught the alley for an hour until the great showed her the business. She caught the alley for an hour until the great showed her the business. She caught the alley for an hour proval or a curse. The rest of the time she spent in fevered attention to the script, looking for the signal. to the script, looking for the signal, "Mary," but it came no more in that act. They went all over it again, and she managed it without a hitch. Then she managed it without a hitch. they were dismissed until 2 o'clock, and every one hurried off for lunch.

CHAPTER XVI.

under arrest, suspected of murder-OTOBER came, dragged by, where he has spent a sleepless night. It is nearly 5 o'clock, the hour of the interview. Business of excitement, pacing, looking at watch. He rings for Mary, who enters.

(To Be Continued.)

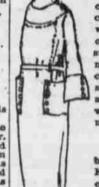
Sealed Shrouds By Joseph Gollomb

Fascinating Detective Story of the Big Interests of Wall Street and a Girl Who Fights Them to a Finish.

BAR of light was moving toward Brewster. Yes, he could recognize it as coming from an electric torch. It fell across his eyes. He tried to move out of its glare, but could not. Then it shone on the man he had knocked senseless. Somebody stooped over the unconscious body and dragged it away, the beam of light going with them.

This is only one of many mystifying situations in Mr. Gollomb's new Isabelle Bryce. Try her out in the nevel. It is a gripping tale of how a girl fights a ring of Wall Street bank-maid's part, will you?"

Mr. Jenkins nodded to Isabelle, who ers and wins. But you can't guess the story until you read it.



What would you suggest for a dressy afternoon frock to take to a beach resort? Am undecided about organdy or Georgette. How would you suggest' having it made? Ain twenty-eight years of age, five feet five inches tall, have very narrow shoulders, but otherwise well pro-MRS. G. E. J.

over-laces as per sketch.

self from the ground with flapping wings has been built by a French in-

A mail pouch has been invented that fits the frame of a bicycle and relieves letter carriers shoulders of